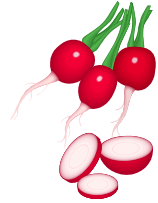
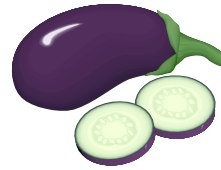
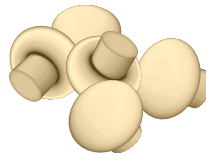
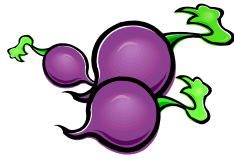


MOVE! Vegetable List



Vegetables are a great source of fiber, vitamins, minerals, and contain minimal fat. Vegetables listed below contain small amounts of carbohydrate and calories. To reduce sodium intake choose fresh, frozen or canned vegetables with “No Added Salt”. A single serving of vegetable is approximately 25 calories. A serving of listed vegetables is:

- ❑ ½ cup cooked vegetables or vegetable juice
- ❑ 1 cup raw vegetables

Artichoke
Artichoke hearts
Asparagus
Beans (green, waxed, Italian)
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Carrots
Celery
Cucumber
Eggplant
Green onions, scallions
Greens (collard, kale, mustard)
Leeks
Mushrooms

Okra
Onions
Pea pods
Peppers (green, hot, all types)
Radishes
Rutabaga
Salad greens
Spinach
Summer squash
Tomato
Tomato or vegetable juice
Turnips
Water chestnuts
Watercress
Zucchini

